

## Director's Message



### Happy Holidays 2012 Reflections for a Good Holiday Season By Marillyn Call

We think of the “Holidays” as the wonderful, magical time of the year beginning around Thanksgiving and ending after the New Year. I’m hoping that for most of you, it will be a Happy Holiday season.

The counselor part of me, the me who has lost 2 of my children, knows that the holidays are not always happy and jolly, but for some it is a time of sadness and depression and holiday blues.

Why do some people not feel happy during the Holidays?

1. Some people are lonesome because they live far away from family and friends.
2. Some are sad because loved ones who were so much a part of past holidays have died , or there has been a divorce in the family.
3. Some are stressed and sad because all of the advertisements try to make us believe we have to buy lots of new toys and clothes and huge TV’s to be happy, but we don’t have much money to spend. We imagine everyone else has lots of money so we feel left out and poor.
4. Some people get tired from trying to do too much.
5. People who are Deaf or Hard of Hearing may feel left out during family gatherings because of communication difficulties with large groups or their family does not use sign language.

What are some ideas we can do to help with holiday blues?

1. Think about solutions to communication problems during family gatherings. Can you bring an assisted listening system with a conferencing microphone? Can you visit one on one with relative in a quiet room? Can you invite a lonely deaf friend to go with you? Can you stay for a short time then treat yourself to dessert or a movie with Deaf or Hard of Hearing friends?
2. Can you volunteer somewhere or find ways to help others who are lonely or have less than you?
3. Can you call, email or send cards to family or friends you haven’t connected with for a long time?
4. Can you take special care of yourself by exercising, eating healthy and not drinking too much?
5. Can you start new Christmas traditions that will make you less sad about the people missing in your life?

One last idea to make this Holiday season a Happy one... spend time with children. If you don’t have young children of your own, offer to babysit others children or go to the mall and watch children. Children still hold the magic and wonder of the Holidays and the magic they see will scatter its drops of happiness on you!

